

## 2008 Junior Nationals Course Information

	Sprint	Sprint	5km Classic Mass Start	5km Classic Mass Start	10km Classic Mass Start	15km Classic Mass Start	5km Free Technique Interval	10km Free Technique Interval	3 x 3km Free Relay	3 x 5km Free Relay
	Monday 3/10/2008		Wednesday 3/12/2008	Wednesday 3/12/2008	Wednesday 3/12/2008	Wednesday 3/12/2008	Friday 3/14/2008	Friday 3/14/2008	Saturday 3/15/2008	Saturday 3/15/2008
Class	J2s All, J1/OJ Girls	J1/OJ Boys	J2 Girls	J2 Boys	J1, OJ Girls	J1, OJ Boys	J2,J1, OJ Girls- J2 Boys	J1, OJ Boys	J2	J1, OJ
Course Color	Yellow		Blue		Green	Red	Blue	Green	Gray	Blue
Distance	1187m	1340m	5093m	5093m	9941m	15015m	5135m	10173m	3472m	5093m
HD	19m	19m	44m	44m	44m	49m	48m	48m	37m	44m
MC	13m	13m	35m	35m	35m	35m	52m	52m	24m	35m
TC	31m	41m	152m	152m	303m	516m	196m	391m	102m	152m
<b>Standards</b> (Rule 067.3)										
HD	30m		100m	100m	150m	200m	100m	150m	65m	100m
MC	0-30m		50m	50m	50m	100m	50m	75m	50m	50m
TC	0-60m		120-200m	120-200m	250-400m	400-500m	120-200m	250-400m	75-105	120-200m